

Growing Healthy Families

RUTLAND DISTRICT OFFICE • Vermont Department of Health, WIC Program
300 Asa Bloomer State Office Building, Rutland, VT 05701 • 1-802-786-5811 or 1-888-253-8802

All activities are FREE
of charge!

Kitchen gardening

Tuesday, September 27
11:00 a.m.–Noon
2nd floor conference room
Asa Bloomer Building
Rutland

You don't need summer to have a garden. You can plant year-round! Join us to plant delicious herbs that can grow right in your kitchen. We'll discuss recipes and ways to use the herbs that will appeal to folks of all ages.

To sign up call Justin at 786-5110.



Hauntingly healthy Halloween

Monday, October 31
10:00–11:00 a.m.
2nd floor conference room
Asa Bloomer Building
Rutland

Looking for something fun to do this Halloween with your little monster? Join your WIC nutritionists in celebrating Halloween with some hauntingly healthy snack ideas. Learn about pizza mummies, goblin grins, and edible eyes. Everyone is encouraged to come in costume. We'll start our celebration with music and movement followed by creating monster treats that may be sampled!

To sign up call Jill at 786-5111.

Eat, grow, and play

Wednesdays, 9:30–11:00 a.m.
Wonderfeet Kids' Museum
11 Center Street, Rutland

My Body
October 5

Healthy Eating
October 12

Movement
October 19

My Feelings
October 26

WIC and Wonderfeet Kids' Museum are hosting four family fun sessions. Children ages 3–5 years are invited to discover nutrition and fitness through hands on activities, crafts and story time. Snacks and free time after the sessions are included.

To sign up for one or all of the sessions, call Jill at 786-5111.

Story walk

Tuesday, November 29; 11:00 a.m.–Noon
Pine Hill Park, Rutland (next to Giorgetti Athletic Complex)

WIC invites you to enjoy the scenery at Pine Hill Park. You and your children will be led down the walking trail. Along the way we will be looking for and following story book pages on trees. Once we complete our story walk you may sample a seasonal snack and pick up the recipe for home. Please note the trail is not stroller accessible.

To sign up and get directions call Justin at 786-5110.